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Ages 14-21

CALLING YOUNG JOURNALISTS...

We're working with the DLR to find our young journalist of the year

P10



Inside



ANYTHING IF IT'S A STEAK

Le Relais de Venise MD explains why you can only get one dish in his French restaurants

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TRAINING THE FUTURE

Companies embrace apprenticeships to land bright youngsters

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Curtain call

Galleon Theatre present their final play

P12



Representatives from Newham College had to pitch the institution to a panel from Peter Jones Enterprise Academy to win its support

Dragon's scheme to fire up Newham

Peter Jones Enterprise Academy hits borough

Rob.Virtue
@wharf.co.uk

Businessman Peter Jones has teamed up with Newham College in a bid to boost entrepreneurship in east London.

The college will take on 100 students in association with Peter Jones Enterprise Academy (PJEa), which was founded by the *Dragons' Den* star, as part of a new initiative.

The college team had to sell their proposal for an academy in Newham to a panel echoing the format of the TV show. After negotiating that hurdle in October, PJEa's chief executive visited Newham before approval was finally given in January.

The college's executive director Geoff Crook, who will lead the academy when it opens in

September, said: "They bring the brand and the prestige and a whole set of networks that we can add to ours."

He said the college was well placed to be a hub for entrepreneurship.

"We're situated close to Canary Wharf and the City," he said. "To the north we have Westfield and the Olympic Park. To the west we've got a lot of development including Tech City and to the south we have Thames Gateway."

"And then you've got all the small businesses working in Newham, which has a very large number of self employed people."

"Green Street, for example, has the highest concentration of Asian businesses in the capital."

"This college is quite unusual and very much not run of the mill."

Continued on page 3



WEATHER

8C	TODAY Cloudy
11C	FRIDAY Sunny
11C	SATURDAY Showers
6C	SUNDAY Sunny
7C	MONDAY Mostly cloudy



TRAVEL

TUBE & DLR

DLR is closed all weekend from Stratford to Canning Town. Jubilee line is fine.

ROADS

Blackwall Tunnel shut southbound on Sundays from 1am to 8am.

Don't even
THINK of going
home until
4.30pm
when you can
check our
daily travel
update

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ESTABLISHED 1998

Agenda

At a push, I might attend your 'hag do'

I've received a text from friends who are planning a wedding, asking me not to book anything else during the month of July. Is that a faint whiff of gunpowder I smell? Will the invites be shaped like shotguns?

"Save the date" cards are a reasonable, if pointlessly expensive exercise (email anyone?). Asking to pencil a whole month is cheeky. "It's your special day" advertising slogans convince couples the world revolves around them, but some of us do have lives away from their confetti-covered circus.

Another couple have invited guests to a far-out "Sten Do". Not a Hag Do (Hen and Stag combined).

BLONDE'S EYE VIEW



ANGELA
CLARKE

It's so far out it requires flights and a few nights in an expensive hotel to attend. It will cost a minimum of £500 per person. The couple are said to be "deeply hurt and upset" that so many of their friends have declined. What did they expect?

In a time when the foundations of the economy are as steady as a bouncy castle full of pageboys, you can't ask people to cough up £500 for your personal jolly. Big brash hen and stag dos feel both show-off, ("this is normal for us") and thoughtless, ("what do you mean, you've been made redundant?!").

The wedding could be interesting. It's due to be a three-day "festival"

event, complete with a petting zoo. So that's travel, a minimum of two nights accommodation, three outfits, three pairs of shoes... what was that bang? Oh, just my bank balance exploding.

Getting married is about celebrating and sharing your love for your partner with family and friends.

Deploy a bit of sensitivity toward your guests, don't expect them to hand over their life savings in worship of your great *Hello* magazine fantasy, and you might just have some mates left by the time the cake is cut.

Follow Angela on Twitter at @TheAngelaClarke.

Reuters' view

REUTERS/PETR JOSEK/GERMANY



Candles are seen in front of the Frauenkirche in Dresden to commemorate the 67th anniversary of the bombing of the city during the Second World War

What our writers are talking about

■ Football has become a devalued sideshow, out of tune with the lives of the majority.

Giles Broadbent

■ What price a glorious holiday slipping down the slopes on pristine snow? Too much.

Tabitha Ronson

■ Reporting how sustainable the Olympics is going to be is vital to its success.

Andrew Williams

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

To ask for an inaccuracy to be corrected, all you have to do is:

Phone 020 7293 3681

Email newsdesk@wharf.co.uk

Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

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60 Second Wharf

The apprentices

KPMG and Thames Clippers embrace apprenticeship schemes as they look to enhance their businesses.

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Emergency solutions

TfL and British Transport Police team up with the aim of halving the time it takes to repair the Tube network.

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Cutting edge education

Fashion studio opens at Knowledge Dock to equip students with skills not found on university courses.

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Enter our competition

We're looking for The Wharf and DLR young journalist of the year - get published and a £100 prize.

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Curtain coming down

Galleon Theatre tells us about The Duchess Of Malfi which will be its last show at Greenwich Playhouse.

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Steaking a claim

We meet with the man behind Le Relais de Venise to find out why it's only offering a set menu.

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Sailing the seas

PA on why she'll be turning off her BlackBerry and packing in the pin-stripe for a life on the ocean wave.

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American invasion

US track and field team will be based in Mile End while it trains for this summer's Olympic Games.

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Community ready to support college



Staff from PJEA visit Newham College

From page one

"We've got catering and hairdressing and retail running as commercial operations in both the high street and our college. Everybody is very involved in entrepreneurship."

Mr Jones, who made his fortune in telecommunications, has chosen the college as a London hub to encourage other institutions in the capital to forge links with his organisation.

The company works with 27 schools and colleges across the UK but the latest link-up is the first in London.

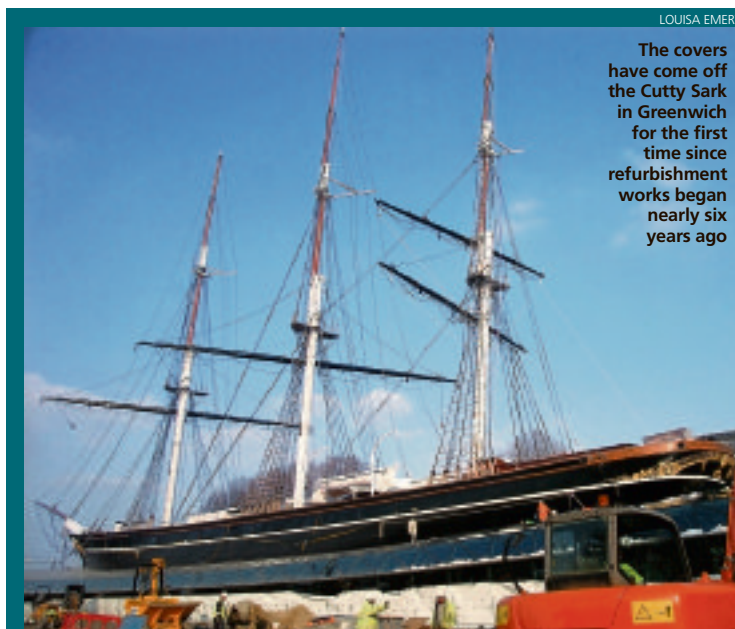
Head of curriculum at PJEA, Helen Emberton, said: "We chose Newham College as our east London hub as

it's renowned for putting enterprise at the heart of its agenda as well as sharing our ethos of approaching all learning in an innovative and experiential way."

Businesses in Newham are already in support of the initiative.

Jayant Raniga, the brand manager of PureJewels in Green Street, said he thought the academy's formation was a great opportunity for the young people of Newham.

He said: "We will look forward to supporting the academy by committing our time as a local business, presenting live business case study scenarios, providing work experience and also employing young people who emerge from such a course."



LOUISA EMERY

The covers have come off the Cutty Sark in Greenwich for the first time since refurbishment works began nearly six years ago

Clipper is a mast-see

The hoardings surrounding the Cutty Sark have come down revealing the refurbished ship for the first time in almost six years.

The project, which has cost more than £50million, has also raised the historic clipper 12 feet above its dry dock to create a museum space and cafe underneath.

It is hoped the refurbishment will

extend the life of the ship as a landmark and visitor attraction for the next 50 years.

A new ticket office and restaurant complex next to the ship, featuring branches of Frankie and Benny's, Zizzi and Byron, is also nearing completion.

The Cutty Sark is scheduled to open at the end of April.

Appeal Met releases video of riots robbery

POLICE are urging a robbery victim to come forward.

They have released a video of the attack during the London riots, right, which shows a large group of men surrounding a man and trying to use his bank card to take money from a cashpoint. The attack took place in Green Street, Newham, at about 6.35pm on August 8.

Call DC Stephen Field on 020 8217 6648 with information.



999 E14 blaze prompts candle warning

FIREFIGHTERS were called to a blaze in E14 believed to have been caused by an unattended candle.

Four men and a woman escaped unharmed from the Capston Square house last Thursday. Teams from Poplar and Millwall had the fire under control by 9.30pm. A London Fire Brigade spokesman warned of the dangers unattended candles could pose and said having a working smoke alarm was essential.

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Food&drink

MD of new Wharf restaurant
talks steak and speed **P48-49**

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News

Apprenticeships at KPMG will bring in bright young things

Firm says roles
recognise that
university isn't
right for everyone

Louisa Emery
@wharf.co.uk

Paid apprenticeships with the option to gain accountancy or technology qualifications are on offer for school leavers at a Canary Wharf professional services firm.

KPMG has made 20 places available on its new risk consultancy scheme, which starts in October and focuses on financial risk management, fraud investigation, technology and accounting advisory services.

At the end of the three-year course candidates can opt to continue their studies and work towards either their chartered exams or another path within KPMG.

Paul Taylor, chief operating officer of the company's Risk Consulting practice said: "As a firm we want to

20

KPMG apprenticeships
in risk consultancy

do everything we can to attract bright and talented individuals, whatever background they are from.

"We recognise university is not right for everyone and so are delighted to be able to offer this opportunity for young people to gain a professional qualification with us while also earning a competitive salary. The qualification our apprentices will gain should stand them in excellent stead for a rewarding career."

The new scheme will sit alongside the current school leavers programme, which launched last year.

However, this one is three years shorter and requires lower A-level grades - a minimum of one B and two Cs.

Go to kpmg.co.uk/careers to apply.

Clippers celebrate trainees' successes



Some of the 30 Thames Clippers apprentices line up alongside Richard Coonz, Skills Training UK chief executive Martin Dunford OBE and its head of employer engagement John Riley in celebration of National Apprenticeships Week

In celebration of last week's National Apprenticeships Week Thames Clippers decided to recognise the achievements of 30 of its staff members who have completed the firm's in-house programme.

The recently launched scheme results in an NVQ in either customer service or team leading within the transportation sector.

Thames Clippers' customer service manager Richard Coonz said: "I'm a firm believer in giving something back to your employees."

"Too often, companies simply take, take, take and ultimately miss out on the opportunity to fully engage their staff and inspire

them to take more of an active interest in the business.

"Enabling them to gain a nationally recognised qualification at the end of the year not only improves morale but also helps them to focus their minds on key aspects of their job, which, in my experience, can significantly improve their performance."

Thames Clippers works closely with specialist employability and skills training provider Skills Training UK which is responsible for training and assessing the apprentices.

The ferry operator is planning to expand its apprenticeships across other areas of the business.

Louisa Emery

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Appointments in Canary Wharf.

Boris Bikes to go live

BIKES will be available to hire at Canary Wharf docking stations from March 8.

The extension of the Transport for London scheme will take in the whole of Tower Hamlets and see 2,000 more bikes available.

There will be 4,800 extra docking stations with the Barclays' sponsored bicycles

located in areas including Bow and Poplar.

Mayor of London Boris Johnson said: "The expansions east and west will extend the benefits across our city and I'm confident that our investment will be a huge success."

A typical journey from Canary Wharf to Liverpool Street should take 26 minutes.

Blue lights to keep the Tube moving

TUBE breakdowns could be attended to in half the time if a trial that involves putting engineers on emergency vehicles is successful.

The joint initiative between British Transport Police, London Underground and Transport for London was launched in Canary Wharf last Thursday with the modified vehicles on show in Reuters Plaza.

Aiming to reduce response times for breakdowns and emergency scenarios it allows the vehicles, driven by a BTP officer and carrying a Tube engineer, to get through busy traffic.

London Underground managing director Mike Brown said: "The busiest times for the Tube are also busiest for the roads so it's important we had something to get through the traffic. This will enable us to be more reliable."

BTP Asst Chief Cons Alan



From left: Tube Lines' Jon Lamonte, London Underground's Mike Brown and Asst Chief Cons Alan Pacey

Pacey said it was a much needed initiative that would benefit both teams.

He said: "We looked at all the incidents both we and Tube Lines got called to and very often we would need both parties there to resolve the situation quickly."

BTP has seven drivers available for the 24-hour service. The emergency vehicles will be based in

Camden. TfL is funding the Emergency Response Unit through its subsidiary Tube Lines.

Director Jon Lamonte said: "It's all about halving response times on incidents where there is an obstruction on the track or a person under a train, for example."

The year-long trial of the service will also serve the DLR.

Cube rejection welcomed

People power has won out after plans for a 12-storey tower block in Poplar were turned down.

Over 650 Virginia Quay residents objected to the proposal by Cube Developments, which was rejected last week by the planning committee of the London Thames Gateway Development Corporation. Criticisms of the plans for the site, which is 100m from East India station, ranged from the resulting lack of

parking, general concerns with overdevelopment of the area, construction impact and issues over blocking sunlight.

The residents' case was supported by Tower Hamlets Council, which voted unanimously against the proposal. It ruled people living in the area had not been consulted properly.

However, the final decision was down to LTGDC, which heard the plans on Thursday evening. It ruled against the

application for the development of 26 residential units.

Tower Hamlets Conservative councillor Peter Golds, who supported the campaign against the Cube development, welcomed the decision.

"The case was well argued and we had a fantastic amount of people turn up on the night," he said. "It was all about overdevelopment. The proposal was just to fill up space and we had long spoken out against it."

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Residents oppose site

CHILDREN'S health will be put at risk by the hundreds of lorry movements, dust and noise pollution facing residents from the proposed Thames Water super sewer.

Those living at Chambers Wharf in Southwark are angered by the possibility of major construction work taking place near their homes for at least six years as part of the controversial scheme.

Schoolchildren handed a petition to the water company's head of London

Tideway Tunnels Phil Stride last week calling for a re-think.

Joint-head of Riverside Primary School Josie Lewis said: "Should the construction go ahead a generation of school children will have lorries going past their classrooms every five minutes for the whole time they are at my school."

Thames Water purchased Chambers Wharf after choosing it as a preferred area for part of the sewer because of its brownfield status and good access to the river.



Sir Patrick Stewart speaks out against the proposal

The petition was handed over following a last meeting of residents, including actor Sir Patrick Stewart, before the closure of the second phase of the consultation last week.

Studio offers training in the key skills of the fashion industry

Louisa Emery finds out what you get from the course

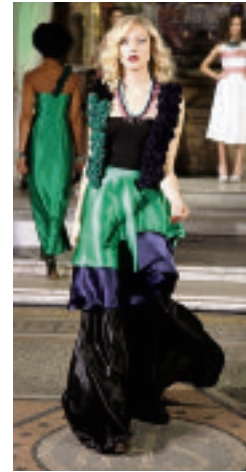
London Fashion week begins on Friday and, as the designers showcase their collections, catwalk fillers of the future are earning their stripes at a new east London enterprise.

Fashion Enter has set up a working studio at the University of East London's Knowledge Dock and is preparing the next generation of British talent through its apprenticeship programme.

Manager of The Fashion Studio Desiree Koster said: "Students seem to be missing something these days."

"University and college courses can be so specialised that they miss the basics. Students learn about designing a collection but they have someone else to do the pattern cutting and don't get the basic skills."

Desiree has worked in the industry for 30 years employed by Bruce Oldfield,



The studio teaches the tricks of the trade to apprentices

Biba and Pineapple among others. Her new venture at UEL makes patterns and samples for a range of clients and, when necessary, can do

small production runs. It has three apprentices working exclusively at the east London location and offers additional experience at its factory in north London where larger orders are made for clients including ASOS and Osmani for John Lewis.

Desiree said: "I find it very fulfilling advising students on the right way of doing things."

"The fashion world has changed a lot - when I began it was about trends changing every season. Now there is more of a base collection that rolls on year after year. I suppose it is more economical that way."

"I have learned different things at different stages of my career - when I worked with David Sassoon they had been running for 50 years and I picked up the tricks of the trade that they don't teach in schools."

The apprenticeship in fashion and textiles is an

River Crossings Consultation

We would like your views

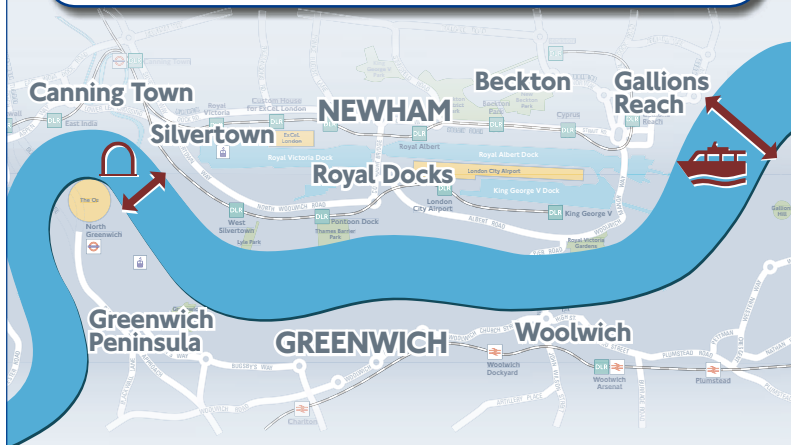
TfL and the Mayor are seeking your views on these initial proposals for improved river crossings in east and southeast London.



A new road tunnel at Silvertown connecting the Greenwich Peninsula with the Royal Docks



A new vehicle ferry at Gallions Reach between Beckton and Thamesmead



Have your say on this by 5 March 2012, visit tfl.gov.uk/rivercrossings

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Tia Moore, 18, helps out Desiree at The Fashion Studio

18-month agreement between apprentice, employer, trainer and college. It gives apprentices four days a week in work and one day training in the classroom. Big names, including House of Fraser and Jaeger, are among those to take on apprentices.

To be eligible applicants must be aged 16-19 years old, have a minimum of 5 GCSEs grade A-C. Industry experience is desirable.

Go to fashioncapital.co.uk.

CASE STUDY

Tia Moore, 18, is two months into the scheme She said: "An apprenticeship offers more of an inside route into what the industry is about, it's more hands on.

"I had the option to go to university but the course seemed to be too textbook based. I thought I knew stuff after college until I came here.

"In the fashion industry experience is a lot better than just having a qualification.

"I'm Desiree's assistant – she has taught me pattern cutting and how to alter. I help on the admin side too – replying to emails from designers and about events.

"I'm not to sure what I want to do and that's why the apprenticeship is so good."

Planning

Beach plans agreed despite opposition from residents

GREENWICH Peninsula will have a party beach this summer after plans were passed through for an outdoor live entertainment area.

The site at Delta Wharf, to the west of the peninsula, could be transformed as early as May despite concerns from nearby residents over noise.

Greenwich Council's licensing committee heard the proposal last Wednesday after applicant Orange Connections scaled down previous plans to host events for up to 20,000 people. The agreed plans will see food and drinks sold and up to 3,500 people watching music and sports shows.

Full story at wharf.co.uk

Transport

Woolwich Ferry to shut this weekend for renovation

WORKS on the terminals for the Woolwich Ferry means the crossing will be shut this weekend.

The renovation involves replacing piles, which hold up the north and south piers and were originally put in place in the mid-'60s.

Work began last weekend and there will also be further closures taking place over the first two Saturdays and Sundays of March.

Transport for London is advising people to use the Blackwall and Rotherhithe tunnels, as well as Tower Bridge, during the closures.

Pedestrians can use the recently refurbished Woolwich Foot Tunnel, which is situated next to the ferry terminals.

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Drivers will not go to jail for race

Rob Virtue
@wharf.co.uk

1 A RACE between two men, that saw cars reach 78mph in a 40mph zone along Aspen Way, left an Aston Martin Vantage an unrecognisable wreck.

Both men miraculously escaped unhurt in the incident and, last Thursday, avoided a spell in prison as well.

The duo had never met before but the court heard they were "motivated by bravado" when the two high performance vehicles pulled up side by side in Canary Wharf.

Worth a collective £120k, the BMW M3 and the Vantage, both hire cars, then began to race on a midweek afternoon on July 6, 2010. Eventually the Aston Martin crashed in Aspen Way. Christopher Owolabni, 21, of Griffin Street, Deptford, was given nine months in jail, suspended for a year, 140 hours of community service and was disqualified from driving for a year and a half. Saifur Rahman, 24, of Turner's Road, Tower Hamlets, received three months suspended for a year, 100 hours of community service and disqualified for 18 months.

Full report at wharf.co.uk

Transport Swiss expands its operation at LCY

2 SWISS International Air Lines has announced it is expanding its City Airport operations by launching a route to Basel.

The carrier, which already flies from Docklands to Zurich and Geneva, said it was introducing the new flights in response to demand from passengers for more air links with Switzerland.

The route will begin on May 21 and see two daily flights.

Swiss' manager for UK and Ireland Felix Rodel said: "The new route will ensure even faster travel between the two cities due to the proximity of both airports to city centres and business districts."

999 Over 90 arrests since the riots

3 POLICE in Tower Hamlets investigating last summer's riots have arrested 91 people. The figure has been announced six months on from the disorder, which swept across many parts of the capital and other areas of the UK in August.

Of the 91, 74 of the arrests have resulted in charges. Across London there have been 534 arrests connected to the riots and 149 charges.

Det Chf Supt Paul Rickett of Tower Hamlets Police said: "This hopefully serves as a deterrent to anyone thinking of getting involved in such disorder again."



Olympics

New body will take on park legacy role

4 A NEW body will take over responsibility for Olympic Park regeneration from April.

Mayor of London Boris Johnson announced his decision to create the London Legacy Development Corporation as part of his Mayoral Development Corporation to continue the work of the Olympic Park Legacy Company.

Mr Johnson said: "Building on the momentum already created by the

Legacy Company we are on track to grasp this unique opportunity and harness the Olympic legacy of new jobs, new homes and new communities which Londoners will benefit from for years to come."

Baroness Margaret Ford, current chairwoman of the OPLC, will step down after the Games.

She said: "It has been an absolute privilege to work with such a supportive mayor and ministers."

Building Work on Wharf site has resumed

5 CONSTRUCTION work has begun at 25 Churchill Place as the site prepares for the arrival of the European Medicines Agency by 2015.

Canary Wharf Group is overseeing the work, which will see a 20-storey, 500,000sq ft building join the Docklands skyline. Two cranes are already on site. CWG secured a £190m loan for the development of the offices in December with backing from four banks.

Work has already been completed to ground level and now Byrne Bros will provide the concrete, Kone will install the elevators and Seale will supply the cladding.

Military

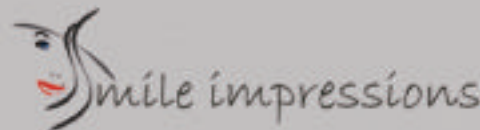
Troops welcomed with new covenant

6 FOLLOWING the arrival of the King's Troop Royal Artillery at Woolwich, a special covenant has been signed cementing the borough's support for the Armed Forces.

Members of Greenwich council, local dignitaries and senior military officers signed the statement at Napier Lines, the purpose built equestrian centre at Woolwich Garrison on Repository Road.

Commodore Martin Atherton said: "For the Armed Forces and their families who work and live in the Royal Borough, it is vitally important to know that we enjoy the support of the community."

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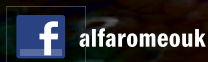
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[†]BIK rates correct as 1st Feb 2012.* Above rental based on Alfa Giulietta 2.0 JTD_{M-2} 170 bhp ALFA TCT Lusso including Ghiaccio White special paint on Contract Hire payment profile of 3 rentals in advance (equivalent to £897) followed by 35 monthly rentals of £299. Rentals shown above exclude VAT and maintenance. Rentals are subject to VAT at statutory rate based on 10,000 miles per annum. Excess mileage charges apply. Vehicles must be registered with Alfa Romeo Contract Hire by 31st March 2012. Offer subject to status. A guarantee/indemnity may be required. Offer correct at time of going to press and may be varied or withdrawn at any time. Subject to availability. Alfa Romeo Contract Hire, 240 Bath Road, Slough SL1 4DX.



Calling young writers



Do you have a story to tell? Do you look at Canary Wharf, the Docklands and east London and see thousands of unwritten tales?

Have you always dreamed of being a journalist? Are you aged 14-21? If the answer to all these questions is yes, then this could be your golden opportunity.

The Wharf and the DLR, which opened in 1987 and has been key to the regeneration and growth of east and south-east London, have started their search to find their first ever young journalist of the year.

We want you to show off all your journalistic skills in coming up with a 500-word article about

east London. It could be a report or review of an event you've been to, an interview about something happening in this area or an opinion piece.

Maybe you know someone who's done something extraordinary or who's gearing up for a huge challenge.

Perhaps you have strong views on the change and redevelopment east London is experiencing.

Whatever you decide to write about, we're looking for well-researched stories or comment pieces that will capture our readers' imaginations and reflect the vibrant, exciting corner of the capital that the DLR links together.

The winner's article will be

published in *The Wharf* in April, for the paper's 50,000 readers to enjoy as well as at wharf.co.uk.

The winner will receive the title of The Wharf and DLR Young Journalist of the Year as well as a £100 prize.

With the Olympics, Europe's biggest shopping centre, the DLR and, of course, Canary Wharf itself, there's plenty going on, so get writing.

The winning entry will be selected by the editorial team in collaboration with the DLR.

The closing date for competition entries is March 22.

To enter by email go to wharf.co.uk and click the competitions link on the right hand sidebar.



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What's on

GIG

Rammstein

The O2 arena

The German industrial metal outfit bring their pyrotechnic circus of thumping riffs and questionable stage-antics to North Greenwich this month.

The band's *Made In Germany* 1995-2011 tour is a retrospective show aimed at giving their fans the opportunity to



see some of their greatest live shenanigans.

There will certainly be a great deal of flame, probably some blood as lead singer Till Lindemann beats himself about the head with his mic and the possibility of some simulated anal sex during *Bück Dich* (Bend Over) recalling the controversies of 1998's *Family Values Tour*.

■ Feb 24, 6pm, £48.75, theo2.co.uk.

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ROBERT GOOCH



Darren Stamford as Antonio and Alice De Sousa playing the title role in *The Duchess of Malfi*

The Du

INTERVIEW

Curtain comes down on Galleon's home as it stages final show at the Playhouse

Rob.Virtue
@wharf.co.uk

With the Greenwich Playhouse due to close in a matter of weeks, it's apt the group that has called the venue home for the past 17 years will spend its last nights there performing a tragedy.

Galleon Theatre Company is facing homelessness after the building's owner decided against renewing the group's lease. Despite causing heart-break for Galleon founders Alice De Sousa and Bruce Jamieson, the show must go on and they have been busy putting together a five-week run of *The Duchess Of Malfi*, which begins

Picasso's influence on the works of others explored

REVIEW

Picasso & Modern Art

Tate Britain

Joining the dots between Picasso and some of the biggest names in modern British art, this fascinating show juxtaposes Picasso's great canvases with the work of artists who were influenced by and responded to his work.

From Francis Bacon who declared he abandoned interior design after seeing an exhibition of the artist's Dinard paintings to David Hockney who cited Picasso's Cubist work as the major turning point in pictorial representation and created two pieces, shown in this collection, painted in tribute after his death.

Henry Moore's sculpture *Reclining Figure*, 1936 is displayed alongside Picasso's *The Source*, 1921 and shows it was not just the painterly techniques that were reproduced but that there are direct relationships between other elements – in this case the depiction of the nude's classical pose.

Guernica, one of Picasso's best known paintings – created in response to the



Picasso's *The Three Dancers* forms part of the show

bombing of the Basque town, originally commissioned for The Spanish Pavilion at the Paris international exhibition has its

Our verdict

This delivers a generous slice of modern art

★★★★★

place too, albeit as a half-sized photographic copy. The show is an education and by presenting his British contemporaries alongside some of his most well-regarded work it delivers a generous slice of 20th century art
■ Until July 15, £14 (£12), tate.org.uk.

uchess is so dark and sexy

next week. De Sousa said it would be tough to say goodbye to the venue next to Greenwich station.

"It's a huge loss for the theatre industry, local community and the cultural infrastructure of London as a whole," she said. "It's not just great classics we do, we also give up-and-coming talent a chance and put on projects from around the world others might not be brave enough to do."

The Duchess Of Malfi is a 17th century play by John Webster long admired by De Sousa. In addition to this production, she's written a script based on it, which is being turned into a film with a budget of 7.7million euros by a major Irish company.

"It's such a dark and sexy play," she said. "The language is beautiful and it's so modern because Webster was trying to change theatre. It's one of the great loves of my life."

De Sousa produced a version at the Playhouse back in 1996 but this fresh production was an improvement on that. She also said Galleon's latest was far more courageous than the version due to appear at the Old Vic next month.

She said: "Kevin Spacey has been

ROBERT GOOCH



Tanya Winsor as Julia in Galleon's last production at Greenwich Playhouse

doing a wonderful job with the Old Vic and really turned it around. But from what I've read and heard about their version we are far more daring.

"For example the costumes we use are contemporary as a lot of the Jacobean dress can end up distancing the audience from the story."

De Sousa's version also has lighting

and sets that become more medieval and Gothic as the audience gets deeper into the drama of the play.

After the play it will be last orders for the company unless they can find another home. Galleon became involved in a public spat with the Playhouse's owner Beds and Bars after it decided not to renew the group's

W Will Galleon find another home?

"There's a lot of goodwill from the council but it's not yielding any firm results."

lease. The landlord said it wanted to run the space itself while De Sousa accused it of planning to expand the hostel side of the business to have more beds in place for the Olympics.

Only time will tell whether there will be another play at the site, but whatever happens it won't feature Galleon, which has been working unsuccessfully with the Greenwich Council to find a new home.

"There's a lot of goodwill from the council but it's not yielding any firm results," said De Sousa. "We're reaching out and asking people to let us know if there is a development which will allow us in. We don't cost and we contribute a great deal."

■ *The Duchess Of Malfi*, Feb 21-Mar 18, various times, £13(£10), galleontheatre.co.uk.

GIG

Matthew Ford

Boisdale Canary Wharf



For more than 30 years Frank Sinatra produced a varied and wonderful collection of hits from a number of albums.

Those years are re-created at Boisdale on Saturday evening when Matthew Ford and The Skelton Skinner Big Band take to the stage.

Recounting the Sinatra career from 1961 up to his *Duets* album in the '90s, Matthew is regarded as the best big band singer in the UK.

He has released four records, been nominated for untold awards and won best UK male big band vocalist in 2006.

He's also performed in front of UK and international royalty but for one night only it will be the patrons of Boisdale who will be feeling the power of Matthew's voice.

■ Feb 18, 9pm, £20-50, boisdale.co.uk.



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What's On

SCREEN



Extremely Loud And Incredibly Close
(12A) 129 mins
★★☆☆☆

The director of this post 9/11 film is Oscar bait. Although yet to grasp the statuette himself, Stephen Daldry is nominated with great regularity.

That this weepie, with two Oscar winning stars (Tom Hanks and Sandra Bullock) in the leads was added to the list of Best Picture nominees this year is therefore not surprising... except for one factor. It has been generally critically mauled as mawkish, sentimental and betraying all the weaknesses likely when the West Coast industry gets hold of East Coast tragedy.

Like its rival in the category (Hugo) it involves a boy, Oskar, with a key given to him by his dead father looking for a lock.

Sensitive young Oskar is trying to make sense of his father's death in the Twin Towers atrocity.

The 11-year-old sets off on a journey to find the lock and keep the connection alive.



WIN film tickets

★ Fancy a free trip to the cinema? Cineworld West India Quay has teamed up with *The Wharf* to offer two pairs of tickets to readers.

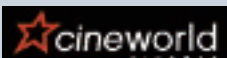
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Tom Hanks won an Oscar for his performance in:

- a. Philadelphia
- b. New York
- c. Bishop's Stortford

Email your answer to competitions@wharf.co.uk with Cineworld in the subject line. The closing date for entries is February 23.

Include your name and full postal address and the tickets will be posted to you.



Festival starts early with the last works of Freud



REUTERS

Sue Tilley poses under the 1995 oil painting *Benefits Supervisor Sleeping*, for which she modelled, by late British artist Lucien Freud

EXHIBITION Lucien Freud Portraits

National Portrait Gallery

The last work of the late Lucien Freud has gone on show for the first time as part of the most ambitious exhibition of the artist's work for 10 years at the National Portrait Gallery.

As well as including Freud's most important portraits from the earliest in the '40s, the exhibition shows for

the first time *Portrait Of The Hound 2011*, which the artist was working on until shortly before his death in July last year.

Ruth Mackenzie, director of the Cultural Olympiad and London 2012 Festival, said: "This exhibition is a countdown event to the London 2012 Festival. It provides a great taste of what's to come during the 12-week nationwide celebration that begins on June 21."

Concentrating on particular periods and groups of sitters to show Freud's

stylistic development and technical virtuosity, the exhibition includes both iconic and rarely-seen portraits of the artist's lovers, friends and family.

Described by the artist as "people in my life", these portraits have been selected to demonstrate the psychological drama and unrelenting observational intensity of his work.

The exhibition is sponsored by Canary Wharf's Bank of America Merrill Lynch.

■ Until 27 May, go to npg.org.uk, £14.

STAGE

Bingo

Young Vic



The glory years of London behind him, William Shakespeare finds himself in an overwhelming moral dilemma. Like his greatest creation, King Lear, he has to decide what he will do with his money and his power?

It is based on one of the only surviving documents bear Shakespeare's signature and Edward Bond has spun a narrative around it. Sir Patrick Stewart first performed the role in 1979 in Stratford.

■ From Feb 23, youngvic.org.

STAGE

Singin' In The Rain

Palace Theatre



Set at a time of change in the film world, *Singin' In The Rain* follows silent movie star Dan Lockwood who has everything he could ever want. But there are rumours of a new kind of film that could alter everything, a kind of film where actors talk and sing and dance.

The Hollywood movie, with its classic set piece numbers, has come fresh from a hugely successful run in Chichester under the direction of Jonathan Church.

■ From Feb 15, singintherain.co.uk.

STAGE

All New People

Duke Of York's



In a highly-anticipated production, *Scrubs* actor Zach Braff brings his own work from New York and places himself in the action.

In the dead of winter, at his wealthy friends' luxury Long Beach Island apartment, Charlie has hit rock bottom on his 35th birthday. Away from the rest of the world his perfect escape is interrupted by a motley parade of misfits who show up and change his plans.

■ Previews from Feb 22, ambassador tickets.com.

SCREEN



This Means War
(12A) 97mins
★★★☆☆

■ Brit newcomer Tom Hardy continues to inveigle his way into Hollywood contacts books in this fresh and funny action comedy.

Hardy and *Star Trek*'s Chris Pine play a pair of top CIA agents who are the best of buddies. But when they discover they're both dating the same woman – Lauren Scott (Reese Witherspoon) the gloves come off.

The two ultra-competitive alpha males set out to win two-timing Lauren's heart without revealing to her that they know each other. And anything goes in this spy versus spy contest, as both of them have access to all the high-tech toys their agency has to offer.

Director McG pulls out all the stops as the agents turn their firepower on each other.



Ghost Rider 2
(12A) 95mins
★★★☆☆

■ Nicolas Cage returns as the iconic Marvel character for *Spirit Of Vengeance* the sequel to the 2007 hit.

The man who was tricked into selling his soul to the devil is hiding out in Eastern Europe when he is approached by a religious sect to save a boy named Danny Ketch from Beelzebub.



The Woman In The Fifth
(15) 83mins
★★★☆☆

■ An American writer flees to Paris after a scandal and finds himself falling on hard times. Tom (Ethan Hawke) finds himself employed as a security agent as he struggles to write his second novel. Meanwhile, he becomes involved with a beguiling woman (Kristin Scott Thomas) who might be connected to some murders.

Comment

GREEN LIVING

By Andrew Williams

Games creeps towards its green targets

The Commission For A Sustainable London 2012 published its latest research, entitled *In Sight Of The Finishing Line*.

The study is its assessment of how far the Games have come in their quest to become the most sustainable Olympics in history. The 60-page report has good news and bad news, and acts as a final rallying cry to stay focused on sustainability.

In positive news, the Games have achieved their aims of being certified to the BS8901 sustainable events standard.

The commission highlights the fact London will be the first Games to achieve this – though the fact that the standard was created specifically for London 2012 makes this a somewhat circular argument. The commission also praises the work that has been done to ensure there is a zero waste-to-landfill policy during Games time.

The challenges are in



Tourists at the Olympic Park

controlling how sustainability can be measured across a project with so many supply chains.

The sheer scale of the project means it may be some time after the Games before a true picture emerges.

The commission highlights the fact Locog will not meet its target of having 20 per cent of electricity used from renewable sources at Games time. Instead the organiser is planning to "make up" the carbon it would have saved by reductions in other areas. The report is detailed and comprehensive, and while it might not make for light reading it's an important part of the jigsaw of managing the 2012 games as sustainably as possible.



Do you or your company have an environmentally friendly product or service you'd like featured in the column? Let us know by contacting Seventeen, a sustainable alternative for your event management needs, at andrew@seventeenevents.co.uk

Mayor builds up his personal office

Mayor Lutfur Rahman has not been holding back on appointments to his personal office.

There are no cutbacks on his floor of the Town Hall. The mayor's office has 21 permanent staff, secondees and advisers with one vacancy. In fact Mayor Rahman has more special advisers than the Prime Minister, Foreign Secretary and Chancellor of the Exchequer combined.

The advisers are led by Tony Winterbottom, who was prominent in the London Development Agency while Ken Livingstone was mayor.

POLITICS NOTES&VIEWS

Peter Golds

Conservative, Blackwall & Cubitt Town



He left after a number of controversies, with a payoff of £75,000, another £160,000 into his pension fund and a year-long sabbatical. He works, we are told, approximately three days per month and receives a fee of £1,000 per day.

Other job titles pay less. The

mayor's adviser on "boundary review matters" is an undergraduate who gets a mere £8.39 per hour, but what do these additional posts do that is not covered by existing staff?

They seem to be the human embodiment of the sleek limousine that the mayor wanted.

Several are close associates of Ken Livingstone and hoping to move up to City Hall in May. This extraordinary exercise in personal job creation in Tower Hamlets by the "Livingstone administration in waiting" is a chilling reminder of the stakes for London in May.

Loads of fuss about nothing

Back in the day the fact of Fabio Capello's resignation and Harry Redknapp's declared innocence would have filled out the considerable proportions of a Major News Event.

You would have known where you were and cherished your location and activity for the future mutual recollections of the moment; you would have contacted friends for immediate feedback; you would have slapped your forehead and exclaimed something of which your mother would not approve.

Not this time. Trouble is, football has become such a devalued sideshow in which the hedonism of the few is woefully out of tune with the distressed lives of the many.

The disconnect between the nation's game and the nation has never been wider and the gap has never been filled with so much sewage.

England is the example. Who manages? Who cares? What will be the impact on Euro 2012? The difference between a disappointing quarter or semi final exit?

Football is squalid and sad and fewer and fewer people care. A plague on all their houses.

I hardly dare breathe the title, in case it flaps away into oblivion for another couple of decades, but the re-run of *The Singing Detective* is a blast (and a reminder that Joanna Whalley is too long from our screens).



What's Fabio Capello got to lose by walking away?

SPIRAL NOTEBOOK

By Giles Broadbent

Chain reaction

■ Montreal invented the Boris Bike, although for reasons of copyright and clarity, the city folk call them something else – the Bixi, a mixture between bike and taxi.

Montrealians use them for short hop journeys from suburbs to centre, like taxis, and the docking stations are moved to reflect the rush-hour direction of traffic.

Will Wharfers teeter and totter from coffee shop to office atop the blue belters, I wonder?

Futile search for real thing

■ Brian Epstein took the Beatles in hand. He altered their attitude and their dress – from booze in jeans, to playfulness in suits. He cut their hair and kickstarted their careers.

In short he took a bunch of unruly Liverpool lads and gave them discipline and a future.

How inauthentic are the Beatles? The row goes round and round.

As I write this Lana Del Rey is crooning her smoky retro-noir and simultaneously being pummelled for being a fake even though no-one has quite figured out an objective scale for the crime in an industry when "refining" comes as standard.

WORKING MUM

By Tabitha Ronson

Dream melts over a small matter of cash

A couple of my dearest friends departed the City two years ago to take up residence in Geneva.

They are both in banking, he an analyst for a major corporation, she, a trader for an equally heavy hitter and they moved to the Swiss capital because of their work.

They are having a blast – despite the economic downturn, the fact they became parents for the first time 18 months ago, and the small matter of the fact he was made redundant at the end of last year.

It's what he's been seeking for some years now – not the fatherhood (that came out the blue) but the voluntary redundancy – because he's always had a hankering to be a ski bum.

He's given himself a year's sabbatical and is living the dream, hitting the slopes whenever he feels the urge – which, now the European ski

season is in full swing, is pretty much every day. I've yet to hear her thoughts on the subject.

I emailed them a couple of weeks back to say I was thinking of taking Master A skiing for the first time this coming half term and whether they fancied hooking up for a holiday.

The idea was a hit and it was agreed that he, as the only one with the luxury of time on his hands, would look for some packages for us all including ski school for Master A, a nursery for his Little Miss and babysitting services for après ski.

The packages he found for us were exceptional: a luxury ski-in, ski-out gourmet-catered chalet in St Anton, an exclusive Mountain spa resort in Les Crosets and the five-star Annapurna Hotel on the Pralong Piste in Courcheval to name but a few.

The only fault I could find was... *How much?*

Needless to say this working mum made her excuses and left this particular ski vacation conversation – despite the fact she initiated it.

Master A is, however, still going to have his first taste of skiing this half term – it's just not where I had envisaged it. *Working Mum, hanging around waiting for Greenwich Park to provide the right slope to get things going and the planks required to fashion some small skis.*

Listmania Last 5 England managers

We go through them quickly and many end up in tabloid-induced "disgrace" but each could claim some form of success

1

Fabio Capello
He had one of the best success rates of any England manager (66.7 per cent) but failed to appreciate the meaning of the captain's armband



2

Steve McClaren
Became the "wally with the broly" when he was afeared of the rain as England crashed out of Euro 2008 championships.

3

Sven-Goran Eriksson
The first foreign manager of the country he stayed six years and saw England beat Germany 5-1 in 2001 but left after a tabloid sting.



4

Kevin Keegan
Keegan's short tenure (18 matches) saw all of his passion but he admitted he couldn't move up to the higher grade.

5

Glenn Hoddle
From 1996-99 he became England's third most successful manager but when he linked disability to bad karma from a previous lifetime he was sacked, just before Euro 2000.



Join in the debate online via our Twitter and Facebook sites or add your comment at wharf.co.uk updated every working day with breaking news and views



Food



Le Relais' green salad is a simple blend of two lettuce varieties with a mustard dressing and walnuts. Right, the main course of steak and chips

Concept is key at steak restaurant

MD tells us why a one-dish, no reservations policy is perfect for Wharfers

Jon.Massey
@wharf.co.uk

Le Relais de Venise L'Entrecote is such an uncompromisingly French experience it comes as a surprise that Mourad Dine isn't from France.

The half-Moroccan, half-Spanish managing director of the enterprise, which boasts successful outlets in the City and Marylebone describes himself as "multi-cultural".

The restaurant concept he presides over, however, which is set to arrive

in Canary Wharf towards the end of April, is anything but. It's starkly simple – everybody eats a green salad followed by steak and chips – and that, Dine maintains, is part of its appeal.

"It's a concept that started in Paris 53 years ago," he said. "We do one thing and we do it to perfection. Consistency is paramount – if the dish is no good, you ask yourself 'what am I doing here?' We don't cut costs on the quality of the produce so we're excellent value. Everything is prepared in house. Our beef comes from Scotland and Ireland and we import the potatoes from France."

Dine said he wasn't worried about competing with other steak outlets in Canary Wharf because Le Relais offered something different.

He said: "Speed is very important to us. Normally if you go to a restaurant you spend the first 10-15 minutes deciding what to have. With us everybody eats the same. There's no



What if I haven't finished?

"We serve the main course 10 minutes after the salad and ask whether it should be cleared or kept on the side."

jealousy. We only do our steaks blue, rare, medium rare or well done.

"We serve the main course 10 minutes after the salad and ask those who haven't finished whether they'd like it cleared or to keep it on the side. Some people can get a bit stroppy but the vast majority understand why this has to happen."

Dine said the whole menu, including wine and a choice of about 20 desserts, could be served in 45 minutes so while there were often queues outside the restaurant nobody had to wait too long.

The company recently opened a restaurant in New York and has plans for one in Manchester.

REVIEW

Le Relais de Venise

Steak and chips

The appearance of the Le Relais brand on the Wharf will be something to celebrate if its City branch is anything to go by.

Tucked away, the whole place has the feel of a classic French bistro, polished for the modern world. Staff are, as promised by Dine, excellent at their jobs, marshalling crowds of pinstriped office workers between closely packed tables.

And, even though it's a Monday almost every table is taken. The reason? Well, like the concept it's simple. The food is excellent, quick and delivered exactly as specified.

It may lack a vegetarian option (although they will throw dessert in for free if you eschew the steak) and it might not be packed with superfoods but this is a certain hit for Wharfers. The speed makes it

ideal for lunch or for a bite before heading out somewhere else and at £21 for the steak and starter it's not excessively priced.

The wine selection is compact but offers a decent choice with an emphasis on lightness.

Like everything else in this place, the watchword is simplicity. Speed and turnover are achieved by stripping back the concept to its bare bones and really delivering.

By far the best part of the experience is a second serving of meat and fries. These come hot and delicious just as you're about to finish what's on your plate. Roll on April.

Le Relais de Venise "L'Entrecote", 5 Throgmorton Street, London, EC2N 2AD, 020 7638 6325, relaisdevenise.com.

Our verdict

There's much to celebrate if Wharf branch is as good

★★★★★

An enjoyable performance from an irreverent oenophile

REVIEW

The Spread Eagle

Food and wine tasting evening

I've written in praise of The Spread Eagle in Greenwich before. Despite being a part of the Inc Group's perversely diverse portfolio, it's a venue that has delivered consistently every time I've visited.

And I was pleased to see standards being maintained, despite rumours things had gone somewhat downhill of late, at the food and wine pairing evening I attended. The same rumour mill suggested the return of elegant Hungarian Istvan Scram to the post of restaurant manager had a lot to do with a return to quality, however.

Personally, I'd argue his dedication to smooth service is at least 60 per cent of the

Eagle's attraction and if things had indeed slipped, he's probably the man to put things right.

Inc runs the food and wine matching evenings in association with an irreverent old rascal and vintage expert called Peter Bowers. Unlike the traditional recipe however, rather than matching bottles to dishes, the chef is provided with descriptions of the wines and then has to cook something appropriate, essentially flying blind.

This proved something of a hit and miss game, especially as Bowers had plumped for eastern Europe as a theme and delivered some obscure Croatian and Austrian vintages.

Nevertheless, with the exception of a dreadful Croatia Chardonnay, the drinks were pretty pleasant and blended nicely with some subtle, unfussy cooking. Especially good was a duck and foie gras terrine and half of



Duck and foie gras terrine, hidden beneath toast and a scallop tartare

the main – a delightfully fishy red mullet that was the very definition of maritime.

Surrounded by the Eagle's comforting blend of nautical paintings and plush upholstery, £45 all in (three courses, five glasses) seemed almost criminally cheap.

The highlight was probably Istvan's pick, a glass of Tokaj to finish the meal; but I was enamoured enough of the proceedings to find out where Bowers' next performance is.

He'll be appearing at Tompkins near South Quay DLR on March 14 and at the Eagle again on March 21.

Go to tompkins.uk.com or spreadeaglerestaurant.co.uk.

Our verdict

Unfussy cooking and entertaining wines

★★★★☆

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Desserts at Le Relais are inspired by old fashioned French recipes including profiteroles and lemon tarts

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FIRE CREWS URGE PEOPLE TO GET OUT, STAY OUT AND CALL 999

Firefighters are urging people not to tackle fires in their homes but to get out, stay out and call 999.

A fire in west London in December last year severely damaged a two storey house and fire crews believe the residents delayed in calling the Brigade after trying to tackle it themselves.

Watch Manager Rob Edwards from Acton Fire Station explains:

"We don't think the residents called us straight away but instead they tried to fight the fire themselves. If you have a fire in your home you should always get out, stay out and call 999. Never fight a fire yourself, leave it to the professionals. When we arrived three adults and a child were outside the property but were trying to go back in. Our advice is to never go back in for anything."

The Brigade has issued the following safety advice:

Do not stop to investigate the fire or to collect valuables or pets.

Use your escape route to get everyone out and meet at an agreed point.

Close any doors which are open, and only open the doors you need to go through. This will help to stop the fire spreading so rapidly.

Check doors with the back of your hand. If a door is warm, don't open it; the fire could be on the other side.

If there is a lot of smoke, crawl along the floor as the air is cleaner.

Once you've got everyone out of the building, call 999 from any phone. Give the operator your name and address.

Don't go back into the building for anything. If there is still someone inside, tell firefighters when they arrive - they will be able to find the person more quickly and safely than you.

Find somewhere safe to wait for the fire brigade. When they arrive, try to give them as much information as possible about the fire and building.

It is vital that you have a smoke alarm to provide you with an early warning of a fire to allow you to escape. Smoke alarms can save lives, but only if they work. Fit them on every level of your home and test them regularly.

London Fire Brigade receive over 200,000 calls each year and attend around 28,000 fires every year. If you want to find out information about the incidents London firefighters attend then follow London Fire Brigade on Twitter @LondonFire. The Brigade tweet about the serious, high profile or unusual incidents we attend across the capital.



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Living

Why I'm turning off my BlackBerry to sail the world's oceans

SAILING

PA on why she's decided to help crew a yacht and take a trip round the globe

Rob.Virtue
@wharf.co.uk

What makes a career woman decide to swap the comfort of her desk for 12 months on the open seas with a group of strangers?

Michelle Porter, a PA for senior executives at a Camden-based global advertising firm, has decided to take on a gruelling round-the-world sailing challenge motivated merely by the fact she could.

"I've got a really good life, great friends and a lovely flat but I'm always on my BlackBerry working," said the 35-year-old, who lives in Poplar.

90
Minutes – the time Michelle works out each day

"You get one life. So many people say 'I would love to do that but I can't'. The fact is, you can."

She saw the Clipper Round The World Yacht Race advertised last year and was one of more than 10,000 people chasing just 600



Michelle is hoping to sail alongside dolphins and whales

places. After an interview she won a spot and is now preparing for an eight-day sailing session on the Solent next week – the first of three before the year-long sail begins in June next year.

The hard work has already started, and for the next 17 months she will be getting up at the crack of dawn to hit the Reebok Sports Club in Canada Square for a daily 90-minute workout session.

"You burn off up to 5,000 calories a day sailing," said Michelle. "So you

need to build up stamina and strength before the event.

"I've got a great trainer who's got me doing weights and cardio in each session."

"I try to mix it up. If you train every day with the same routine you won't see the benefit. I do a real mixture with cross-training, treadmill and weights. I have an hour of cardio then three reps of any weight machines."

Another mammoth challenge is funding the trip.

The total cost of the year-long journey will be £43,000. Michelle is funding £15,000 and hoping to secure the rest through fundraising and corporate sponsorship. She also wants to raise money for charity during the event.

Then it's just the small matter of the trip itself.

"We're in the middle of the sea 24 hours a day with three hours sailing and three hours rest," she said. "You don't wash and you don't change your clothes because you'll just be putting on wet clothes."

"You're never really having more than two hours sleep at a time so you can't avoid sleep deprivation. You can't get off, so when it's wave after wave in your face you can't stop it."

The flip-side is there will be some great times sailing in fantastic weather. The stories from those that have done it are you can sail with dolphins and whales and see sights you'd never normally see."

Go to michelleyachtracedream.com.



Michelle is undergoing a punishing regime at Reebok Sports Club to prepare for her trip

Q&A

I've just found out I'm pregnant. Can I carry on working out?

If you're already very active, you don't need to change too much for the first trimester.

Exercise guidelines are that you should be working at an intensity of around five out of 10. If you're used to lifting weights, you should lift about 70 per cent of the weight you lifted before you were pregnant.

After the first trimester, you should avoid exercise where you're lying on your back, standing still for long periods or exercises that involve the legs coming too far out to the side. Listen to your body too.



FITNESS WITH LAURA WILLIAMS

Get the look: Ricky Gervais

Ricky Gervais decided at the tender age of 48 that enough was enough and it was time for him to eat less and move more.

How he does it: The comedian used to be a lot rounder than he is now but, as 50 approaches, he decided it was time to take up exercise.

"I didn't have a proper job until I was 28. I didn't get into comedy until I was 38, and I didn't start exercising until I was 48," said the Golden Globes host.

Gervais said he just wanted to "stay alive and eat more cheese and drink more wine". He likes running because "it's so easy – get out there, do it, enjoy the results".

Do it for yourself: I'm not sure in the current climate if I'm going to

Celebrity tip
Carmen Electra says work it like a stripper:

"When you see strippers dance, they're working every muscle. They're dipping down, bending knees, moving hips and the slow stretches are phenomenal for muscle tone."



convince anyone running's the way forward – at the time of writing, even my living room has a Siberian feel.

But if weight loss and longevity of life are your goals, you really could do a lot worse. Running's renowned for helping to reduce body fat levels and shifting weight.

Not only will running help to increase the number of calories you burn, research has also shown that the new runner tends to embrace other lifestyle changes more easily – such as becoming more active in general and making healthier food choices.

And let's not forget the psychological benefits of this type of exercise. Many, many studies have found a link between good fitness levels and happiness. The runner's high is no myth. This exercise is not to be scoffed at.



Go to Laura's website at laurawilliamsonline.co.uk, email questions to laura@laurawilliamsonline.co.uk or follow @laurafitness on Twitter

Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

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Don't expect too much too soon from a new venture. Catch up on your visiting and correspondence and you can improve your social life by leaps and bounds.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Some extra cash could well come your way and financial matters look a lot brighter. Friends have a secret you're going to want to learn right now.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Some excitement is indicated thanks to a piece of good news which comes your way. Don't rush into anything that you have not had time to sleep on.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Any extra work done now should pay handsome dividends in the future. Don't waste time but use it to tie up loose ends that are bringing you down.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

A stroke of good fortune should help to ease your mind over a financial worry. Don't act on advice from people who are not properly qualified.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

You can get through a good deal of work if you stick to it. A change is apparent in your main relationship which leaves you facing an ultimatum.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Make sure you follow up a chance for self improvement and you should be pleased with yourself. Check your diary. It's vital to do this.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

A social activity could bring you into contact with someone from your past. A cash benefit is indicated but not immediately. Your reputation is on the line.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

There appears to be some sort of emotional disturbance. There is a chance for you to better yourself in your career and options for promotion abound.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Don't be afraid to have a go at something new as you never know what you can do unless you try. Embrace the people who matter to you in life.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You will have to adapt yourself to a change in circumstances. This is not a good time for money matters but your long term prospects look healthy.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Romantic signs are encouraging and an interesting encounter is forecast. The selfish attitude of a close one could build up resentment. Be careful.

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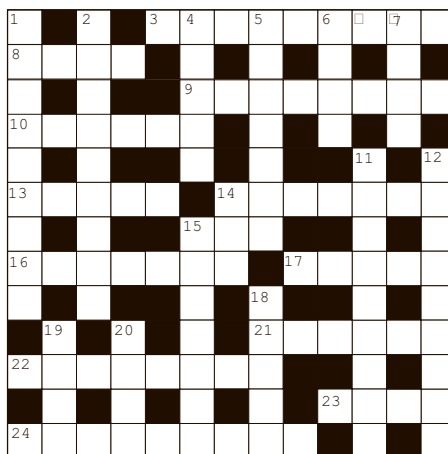
Face in the crowd



Are you this week's Face In The Crowd? Each week we send our snapper out onto the estate to capture a face who wins a meal at Curve restaurant at the Marriott West India Quay. If you are this week's Face, phone 020 7510 6055 for instructions on how to claim your prize



Crossword



ACROSS

3. Aboriginal missile (9)
8. Appearance (4)
9. Plant type (8)
10. Paper handkerchief (6)
13. Tip over (5)
14. Housebreaker (7)
15. Crush of people or vehicles (3)
16. Male sibling (7)
17. Spaghetti, say (5)
21. Tell (6)
22. Guarded (8)
23. Songbird (4)
24. Synthetic material (9)

DOWN

1. Clumsy (3,6)
2. Supposedly lucky object (9)
4. Bid (5)
5. Opposite of minimum (7)
6. Govern (4)
7. Church part (4)
11. Men's golf trousers (4,5)
12. Therapy (9)
14. Exclude (3)
15. Envious (7)
18. Gangway (5)
19. Aureole (4)
20. Remain (4)

Sudoku

EASY

2			4	8	5			3
					9	2		
	3	7	6			5		
7	5		3		8	1		6
4								8
1		3	9		6		4	5
		5			4	8	6	
		4	8					
9			2	6	3			7

HARD

6				7				2
	3				5	7	4	
	2		4	9				
	1					8		
8		3				1		5
		9					6	
				4	7		3	
	4	8	6				7	
7				1				9

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

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Digest 2012

Environment

Bid to clean park's canals and rivers

A BID to clean up 20 miles of rivers around the Olympic Games site has been launched and is looking to recruit 4,000 volunteers.

Organisers hope to clean up 19 miles of waterways, focussing on 50 hotspots, some of which may require canoeists to reach.

Olympic rowing champion Mark Hunter was on hand to launch the Big Waterways Clean Up.

He said: "The rivers of London are what first inspired me to take up rowing. I feel privileged to have such access to rivers and we have a responsibility to look after them."



Sport

UEL aims to nurture sporting potential

THE University of East London has forged a partnership with Newham Council to help identify future Olympians in the borough.

The Newham High Performance Programme, formerly known as the Newham Sports Academy, aims to nurture sporting talent. UEL and the council will set out to seek out sporting talent across Newham and work with sports clubs, schools, and community groups.

Director of Sport at UEL David Cosford said: "If you're a potential successor to Usain Bolt's Olympic crown or the next Phillips Idowu and you dream of competing with the best in the world, we can help put you on the right track."

Economy

Adverts go out for 2012 support staff

A NOTICEABLE increase in the number of Olympics-related job vacancies signals the next phase in the lead-up to the Olympic Games in the summer.

More adverts are appearing for ancillary and support staff – such as caterers and security guards – to provide back-up for the mammoth operation.

Thousands of new jobs will be created across London but also wherever there is Olympic activity, such as the home of the sailing in Weymouth.

Adecco is the official recruiter for the Games. Adecco's Steve Girdler said: "There are opportunities for just about anybody in the UK."



Nick Dempsey has hit form at the right time and is a strong prospect for a gold at Weymouth

Nick Dempsey

■ **Sport:** Windsurfing

■ **Biography:** Born August 13, 1980, educated at Orton Longueville School, Peterborough. Lives in Weymouth with wife Sarah Ayton, the double gold medal winning sailor. One son, Thomas-Flynn, born in June 2009. A second baby is due in March.

■ **Form:** Dempsey won the 2011 Skandia Sail for Gold Regatta and has a strong track record at home. After a disappointing world championship in Perth, he won gold at the Miami World Cup at the end of January in spectacular and comfortable style.

Face time

■ **Sporting dates:**

1998: Bronze at the Mistral World Youth Championships in South Africa

2000: 16th in his first Olympics in Australia.

2004: Bronze in Olympics in Greece.

2006: Wins European Championships in Turkey.

2008: Fourth in the RS:X Class in the Olympics.

July 29, 2012: Olympic sailing starts at Weymouth Bay and Portland Harbour.

■ **He says:** "It's quite nice to win a World Cup isn't it – getting all firsts this week was pretty good so I'm very happy. It's definitely all going to plan and it's all on track. It was needed, the result at this event, and I'm really looking forward to the next few months."

■ **Olympics:** He has described winning a gold medal at the Olympics as his main career goal and has considerable home advantage. "I've sailed there every day for the past 10 years. I know the way the wind works."

NUMBERS

350

Target for number of Olympic apprentices

125m

Government spend on "Great" tourism push

Education

Steve teaches pupils about body of work

TOWER Hamlets schoolchildren received a special lesson in biology last week when rowing legend Sir Steve Redgrave became teacher for a day.

The pupils of St Paul's Way Trust School received a special science demonstration on what it takes to build a body that can win gold medals.

They explored questions such as whether having longer legs helped people jump further and what happens inside an athlete's mind as they prepare for a race.

Sir Steve – who has a bridge named

after him in the Royal Docks – said:

"I didn't have much interest in science at school but it became really important to me when I became serious about sport."

"I owe much of my Olympic success to scientific understanding of my body."

That remarkable success included five Olympic gold medals

The initiative was part of the Wellcome Trust's In The Zone initiative inspired by the 2012 Games. By the end of March every school will have received their own science education kit.

OmG

British medal winners will be required to wear Adidas trainers on the podium.

Athletes are free to compete in the footwear of their own choice but must change to Adidas for medal ceremonies. This might result in problems for athletes, like 400m hurdler Dai Greene, who are sponsored by Nike.

They are
grubby,
seedy,
mainly
criminal
people

Lord Condon on the sports fixers targeting the Olympic games

BURY St Edmunds' town crier Tony Appleton, 75, has been picked to appear in the Games' closing ceremony.

He said: "The first audition was three hours and we had to do quite a bit of dancing." He wouldn't reveal more. "It's all hush-hush," he said.



■ I've been in heavy training to prepare myself for

The London Olympics. I go to really busy places and get p***** off.

@sickpiediabot

■ Olympic tickets will be flown over from Arkansas as printing contract goes to American firm. Preposterous!

@paullewiswismoney

■ 7% of children educated privately in the UK represent 50% of British medal winners at the Olympics.

@jasonanson



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Sport

Football

Addicks legend to meet with fans

CHARLTON legend Clive Mendonca will be meeting fans at a special one-off event next week.

The Addicks' hat-trick hero in the 1998 play-off final will be joined by former teammate Steve Jones for the discussion at the Holiday Inn in Bexley on March 2.

Tickets for the event are £20 in advance or £30 on the door. The night is a fundraiser for Mendonca and, as well as including a question and answers session, there will also be a small auction.

Go to mendoncacollection.com/eveningwith.html

Olympics

Weightlifter looks to shed pounds

WEIGHTLIFTER Zoe Smith is looking to drop down a division to improve her chances of success at this summer's Olympic Games.

The UK medal hopeful has set personal bests in the 63kg category but is looking to appear in the 2012 competition at Excel in the 58kg division – the same weight at which she won Commonwealth bronze two years ago. The 17-year-old said the standard was higher in heavier categories.

WEEKEND FLUTTER

WITH THE RACING POST

GETTY

Zarkandar, left will be short-priced



RACING

■ The rearranged Betfair Hurdle takes place at Newbury on Friday and the Paul Nicholls trained-Zarkandar will be all the rage. But he will be a short-priced favourite and for an each-way alternative, look no further than the seven-year-old Via Galilei. The horse goes on any ground, has won twice at Newbury and his trainer Gary Moore has a great record in this race. At 33-1 he is worth a small wager. Ed Quigley

FOOTBALL

■ Blackpool could provide the FA Cup shock of the weekend at a monster 13-2. The Seasiders are unbeaten since the start of the year and while opponents Everton have beaten Man City and Chelsea at home, they have struggled against the Premier League's lesser lights. Loan signing Steve Pienaar is cup-tied for the Toffees, and Blackpool won't fear a trip to Goodison, where they led 3-2 with 15 minutes to go in last season's Premier League meeting before being sunk by late goals. Dan Childs

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

We're taking nothing for granted, says medal winner

OLYMPICS

Basketball veteran flies in to check on facilities laid on for all-star US team

Rob.Virtue
@wharf.co.uk

In a few months' time the likes of Kobe Bryant and LeBron James will be among a star-studded US team entering the Basketball Arena in the Olympic Park.

The men's team stateside have won four out of the last five Olympics and the women's side have secured gold in six out of the last seven.

Yet, despite their record, Teresa Edwards, the four-times Olympic gold medal winner for the women's team, said success in 2012 was far from secure.

"The competition is very stiff in basketball," said Teresa, who was visiting Canary Wharf last week.

"I felt the same about the Games then as I do today. We've a unique ability to respect our opponents without letting it show too much and we'll be taking that into this Olympics.

"There's going to be some great competition on both the female and male sections."

And she hasn't ruled out Great Britain picking up a medal, saying: "The host country always has a good chance."

Teresa, who last performed in the Games in Sydney 2000, is acting as an ambassador for the US team at this summer's event.

She arrived in east London to visit the sites where the US team will be training and living during the London Olympics.

Despite performing in five Games in four different continents she said she had never been



Teresa Edwards visits Canary Wharf

able to enjoy an event and was looking forward to coming to London as a spectator.

"You're aware of your surroundings when you're performing but you're so focused on the event," she said. "It's an opportunity of a lifetime just to come here and not worry about winning a medal."

"I hope to see as many events as possible and not just basketball. The facilities here are phenomenal and the stadium is beautiful."

The US track and field team will train at Mile End Stadium, which the nation has put "significant investments" towards improving. It has resurfaced the track, pole vault and high jump areas, all of which will be available for Tower Hamlets residents to use post-Games.

Meanwhile, the Docklands Campus of the University of East London will be the base for the American Olympic team and Langdon School, Poplar, will house the Canadian Olympic team.

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*Calls cost 10p per minute from a BT landline, other networks and mobiles may cost more

THE FANS' ROAR



By Ian Toal



It was important for us to get a result down at Southampton in the FA Cup replay last Tuesday. To win 3-2 after being 2-1 down was the sort of comeback that has been scarce for us this season.

In monetary terms that victory brought us £90,000 in prize money alone plus whatever we can make out of the Bolton fifth round in terms of gate receipts.

With Bolton struggling and Premier League survival their obvious priority, we have a decent chance to progress when we entertain them this Saturday at The Den.

Just as important was the confidence the win gave the team. Due to a few knocks to

players, Kenny Jackett made a few changes to the team and the formation and these new players responded well, meaning several kept their starting places for the following home league match versus Derby County which ended in a 0-0 draw.

We started the Derby game well with the new look midfield of Josh Wright, Ryan Mason and Liam Trotter keeping the ball well as we played some good passing football in the first half.

We tired a bit in the second half though and a few misplaced passes crept in. You certainly could not fault the efforts of any of the players and we hope we can build on the



West Ham's Matt Taylor is dismissed following an altercation with Billy Sharp

Irons hold on for draw

WEST HAM

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SAM Allardyce praised his side's resilience after going down to 10 men and still managing to secure a draw against second placed Southampton.

Matt Taylor was given his marching orders – the second home game in a row the Hammers had a man sent off – following an altercation with Saints' striker Billy Sharp after 20 minutes. However, Mark Noble put them ahead from a penalty and the east Londoners held on until 15 minutes to go when Jos Hooiveld equalised.

"It's an unbelievable performance as for the second time it looked like everything was going against us," said Allardyce. "I relate to the spirit of the team and the squad and the belief of the

team that even with ten men they said 'we're not going to get beaten'. With the crowd behind us the lads did an unbelievable job again and it was only an unlucky bounce of the ball into the defender's shins that put them in the right place to poke it in."

The manager said the performance gave him huge optimism for the rest of the season.

He said: "I've got great players and great characters who believe in what we're trying to do. I imagine if we have that same attitude when we have eleven versus eleven we should go on and start to win a few more games."

■ Meanwhile, goals from Andy Keogh and Liam Feeney were not enough to see Millwall overcome play-off chasing Brighton at the Amex Stadium.

Kazenga LuaLua and Sam Vokes scored for the south-coast side to leave the Lions in 20th position in the Championship.

“ We hope we can build on these last couple of performances

last couple of performances to help us pick-up vital league points.

Saturday's game will be a great event as the annual Dockers Day is taking place around the game as the club celebrates its link with the dockyards of yesteryear and the huge support the club drew from there.

It is an important part of our history that our supporters look forward to celebrating every season.

The club have introduced reduced ticket prices for the next couple of games.

Adult prices for Saturday's Bolton game are about a fiver less than normal, while the re-arranged Middlesbrough League game at home on Tuesday night is nearer to half the normal price.

With home games coming thick and fast given our continued participation in the FA Cup, it is good to see the club doing their best to help our supporters afford to be able to attend matches. The club needs our supporters to respond to these offers.

A couple of Lions were given international recognition last week as they were called up to their respective squads.

Young loanee Harry Kane has been called up to the England U19 team who entertain Czech Republic at Leyton Orient on February 28 while David Forde is in the full Republic of Ireland squad who also entertain Czech Republic the following night. Hopefully these call-ups will boost their confidence and we feel the benefit from that.

Haynes returns to club where he began career

CHARLTON

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CHARLTON'S new signing Danny Haynes admitted he had to think hard about returning to the club which he said held both good and bad memories for him.

The south London-born striker was released by the club as a 16-year-old before making the grade at Ipswich and then starring for Bristol City and Barnsley.

Eight years after leaving the training ground as a heartbroken teenager, Haynes returned to Sparrow's Lane and said it was a strange feeling.

"It brought back a lot of good memories and a lot of bad memories, but overall it was a really a good feeling coming back to the club," said the 24-year-old.

"Your initial reaction is not to go back but you've got to think about your career, forget what's happened in the past and focus on what's good for you.

"I thought coming home – back to the club where I started my career – and obviously



Danny Haynes started his career at Charlton before signing for Ipswich

knowing the gaffer pretty well through playing against him over the years, was a good move for me.

"He knows quite a lot about me and gave me that opportunity to come back."

Haynes was linked with clubs from higher divisions before plumping for Charlton. He said the words of manager Chris Powell were the deciding factor.

"I've got unfinished business here. I had a couple of interests from Championship clubs but

W How coming back felt...

"It brought back a lot of good memories and a lot of bad memories, but overall it was a really good feeling coming back to the club."

Danny Haynes
Charlton

this club spent time and effort with me and it felt right after talking to the manager and a couple of board members. This move for me was the best out there. I had talks with other clubs but this felt right. The gaffer sold it to me."

Powell, speaking after Charlton's 2-1 win over MK Dons on Tuesday, said he remembers going up against Haynes in the Championship.

"He was playing for Ipswich and I was left back for Charlton when Pard was here," he said.

"We won 3-1 but he came on and really pushed me back with his sheer pace. He puts defenders on the back foot and that's what you want to see."

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